

ENERGY DRINKS

TOP 3 ENERGY DRINK BRANDS (MONSTER, RED BULL, ROCKSTAR)



5+ stores



WHAT IS AN ENERGY DRINK?

An energy drink is a type of drink containing stimulant compounds, usually caffeine, which is marketed as providing mental and physical stimulation. They may or may not be carbonated and may also contain sugar, other sweeteners, or herbal extracts, among numerous possible ingredients.

WHAT YOU NEED TO KNOW

Energy drinks are widely promoted as products that increase energy and enhance mental alertness and physical performance. Next to multivitamins, energy drinks are the most popular dietary supplement consumed by American teens and young adults. Men between the ages of 18 and 34 years consume the most energy drinks, and almost one-third of teens between 12 and 17 years drink them regularly.

STATISTICS THROUGH THE YEARS

Consuming energy drinks raises important safety concerns.

- Between 2007 and 2011, the number of energy drink-related visits to emergency departments doubled. In 2011, 1 in 10 of these visits resulted in hospitalization.
- About 25 percent of college students consume alcohol with energy drinks, and they binge-drink significantly more often than students who don't mix them.
- The [CDC reports](#) that drinkers aged 15 to 23 who mix alcohol with energy drinks are four times more likely to binge drink at high intensity (i.e., consume six or more drinks per binge episode) than drinkers who do not mix alcohol with energy drinks.
- Drinkers who mix alcohol with energy drinks are more likely than drinkers who do not mix alcohol with energy drinks to report unwanted or unprotected sex, driving drunk or riding with a driver who was intoxicated, or sustaining alcohol-related injuries.
- In 2011, 42 percent of all energy drink-related emergency department visits involved combining these beverages with alcohol or drugs (such as marijuana or over-the-counter or prescription medicines).

ENERGY DRINK INGREDIENTS

	Bang 16 oz	Five-Hour Energy Extra Strength 1.93 oz	Monster 16 oz	Red Bull 16 oz	Rockstar 16oz
Caffeine	300 mg	230 mg	160 mg	151 mg	160 mg
Calories	0	4	230	220	260
Sugar	0	0	54 g	52 g	62 g
Sodium	40 mg	15 mg	370 mg	200 mg	70 mg
Taurine	Not listed as being present	Listed as part of 2000 mg energy blend	2000 mg	2000 mg	2000 mg
L-Carnitine	Not listed but contains Branched Chain Amino Acid Blend	Not listed as being present	Listed as ingredient in 25,000 mg proprietary energy blend	Listed as ingredient	50 mg
Guarana	Not listed as being present	Not listed as being present	Guarana seed extract listed as ingredient in 25,000 mg proprietary energy blend	Not listed as being present	Guarana seed extract 200 mg
Ginseng	Not listed as being present	Not listed as being present	400 mg of Panax Ginseng	Not listed as being present	Listed in ingredients